

Waukesha County Nutrition Coalition Minutes

August 26, 2014

Attendees: Mary Andruszkiewicz- WIC; Karen Cumblad- James Place; Regina Estrada- Blessings in a Backpack/Waukesha Co Moms; Jessica Linstrom- The Salvation Army; Mike Glasgow-ADRC; Margaret Bayer, Brittany Straley-Addiction Resource Council; Karen Tredwell, Judy Cesarec-Food Pantry of Waukesha County; Julianne Davan- County Executive's Office; Todd Marshall- Hope Center; Jill Herz, Abby Demler, Melinda Stuart-UWEX

Welcome, Introductions and Advisory Committee Update: Karen Tredwell

The Advisory Committee will be meeting after WCNC meeting to discuss progress on plans for our 20-year anniversary celebration.

Presenter: Margaret Bayer, M.S.W., IDP-AT, LCSW, Family Program Coordinator – Addiction Resource Council, Inc. 741 Grand Avenue Suite 300, Waukesha WI, 53186. Website: www.addictionresourcecouncilwaukeshawi.org. The Addiction Resource Council (ARC) provides programming and support for Waukesha County residents and their families struggling with substance abuse, addiction, and alcoholism. This is accomplished through a number of means including assessment and referral services, educational opportunities, and serving as the central resource and only nonprofit providing these services in Waukesha County. The ARC also offers a 24-hour helpline for assistance and support in finding help for drug and alcohol problems at 262-524-7920.

The ARC has a number of programs currently underway:

1. **Intoxicated Driver Program.** Intoxicated drivers are required to have a substance abuse assessment which the ARC is able to provide for a \$250 fee. The ARC is the only place in Waukesha County responsible for this assessment. The assessment helps to determine whether it is a larger problem or isolated incident for the individual. The individual may then be referred to a rehab program or to a WCTC educational program that teaches topics such as how much is too much before driving, etc. The ARC reports to the state on if drivers follow through with WCTC program. This program also includes drugged driving—even if it is a prescribed medication, individuals should not get behind the wheel if impaired.
2. **Youth Drug and Alcohol Prevention Program.** The “Stop and Think” program is designed for those age 20 and under ticketed for drinking or marijuana. It is a 4-evening program covering the risks of substance abuse. The program uses the Prime For Life curriculum, found to be an effective way to teach youth how substance abuse can get in the way of your goals. The class is \$175 which may be cheaper than taking the citation.
3. **Phone based referral.** Call the 24-hour helpline at 262-524-7920 or daytime phone at 262-524-7921 for information and assistance.
4. **Family Support Network.** This group consists of parents of adolescents or adults who are addicted. The group talks about coping skills, healthy boundaries, and the importance of staying strong and healthy on one's own in the midst of their struggles. Meets for 1 hour and 15 minutes on Tuesday nights at 6:30.
5. **Drug Free Communities (DFC).** Starting December of last year, DFC joined ARC (was previously part of UW-Extension). DFC is a youth-focused program interested in preventing drug and alcohol problems in the community. DFC has run five successful drug collections and has coordinated projects such as youth-to-youth public service announcements. DFC is always welcoming new members; if you're interested in joining or have questions call Margaret at 262-524-7921.
6. **Outreach Services.** Free services (includes information such as quitting smoking resources, connecting with A.A. or treatment, screening) have taken place at hospitals, the Hope Center, Women's Center, Hebron house, schools, etc. Outreach services can help un- or under-insured to seek and find mental health assistance. Even if you have insurance, coverage is not often provided (Badgercare/Medicaid will pay for some but not all).

Agency Updates:

ADRC, Mike Glasgow—120 Senior Farmers' Market Vouchers are left. ADRC must distribute them, but if your agency would like to host ADRC distribution, please let them know. Individuals that qualify must be 65 or over and 175% poverty limit.

Hope Center, Todd Marshall- In July, Hope Center partnered with St. Vincent De Paul with financial assistance for rent. No longer offering rent assistance directly.

Blessings in a Backpack, Regina Estrada – 6,000 bags of food have been filled for Hadfield, Banting, and Lowell elementary schools. On October 10th, will be holding a “Bridge the Gap” Gala fundraiser at the Sharon Lynne Wilson Center for the Arts. Will include cocktails, food, and entertainment. For more information, go to blessingsinabackpack.org.

County Executive Office, Julianne Davan – Food Pantry of Waukesha County is the winner of the Large Nonprofit of the Year Award and Easter Seals received honorable mention. Small NonProfit of the Year awarded to Habitat for Humanity and Government Agency of the Year was awarded to Waukesha County Department of Parks and Land Use. Invitation for October 15th event will go out shortly for the County Executive Awards Luncheon at the Country Springs Resort. 211 is now “Impact” out of Milwaukee; no local number as of November first, but dialing “211” will work. Impact is available for mental health, elder/child abuse tips, domestic violence tipline. A committee has been formed consisting of ADRC, Police and Fire, hospitals, and others—working on a plan for addressing homelessness. Have determined that a backbone organization to support this effort is needed. Stakeholders are in the same place, will need to make decisions about how to move forward.

The Salvation Army, Jessica Linstrom – Snack Pack Program at Whittier will take place next week, sending home groceries with families.

James Place, Karen Cumblad—Back to School Makeover Day will take place on September 6th from 10-3. No cost for services such as haircuts and manicures. Asking each person to bring one school supply item to donate to local schools.

Food Pantry of Waukesha County, Judy Cesarec, Karen Tredwell – Backpack Coalition Distribution went well. Receiving donations from Bean Head Farm; 1 mile of raised bed gardens to donate produce to pantry clients. Flowers have been donated from Trader Joes, and artisan breads are available under farmers’ market tents which has enriched clients’ visit to pantry. As part of the Diabetes Working Wellness in Waukesha Together grant (DW3T) Mount Mary University dietetic students have made recommendations in amounts of foods given out to make more equitable. Two Registered Dietitians have made recommendations on where to place food, soliciting healthy donations, and changing literature. Bilingual Client Management position open, Monday-Saturday during food distribution- call or email Judy for more information judy@waukeshafoodpantry.org.

WIC, Mary Andruszkiewicz – Caseload creeping up due to returning families and referrals. Public Health is offering Childbirth Education classes on the first 3 Tuesdays of each month from 12:30-2 at the Human Services Center 514 Riverview Avenue. Call Susan at 262-896-8479 to register or ask any questions.

UWEX, Abby Demler, Jill Herz, Melinda Stuart – Abby Demler is our new bilingual Nutrition Educator. She is working on her Master’s in Public Health and will be working on the WCNC SNAP Challenge project as part of the fulfillment of her Masters. Nutrition Education Program (WNEP) is working on lessons for nutrition programming at elementary schools throughout the year; will provide 4 lessons in each K-5 classroom in 6 elementary schools. Will also participate in a nutrition texting pilot with parents of elementary school children at Hadfield School. Messages will average 2 per week and be short nutrition and family tips. Will also include occasional local grocery specials on fruits/veggies and school reminders about testing week and getting a good breakfast, etc. This pilot follows materials provided by Maryland Extension and if successful may expand to other schools. Melinda is working on training volunteers for education on food preservation. Colors Personality Training is a great professional development opportunity for staff or agency volunteers. Melinda is facilitator. It is available for \$15 per person, which covers the cost of materials and a book.

Next Meeting – September 23, 2014, Lake Country Free Clinic